



Raines Law Room's Pioneer Spirit



Vegetarian



Vegan



Dairy Free

READY IN



2 min.

SERVINGS



1

CALORIES



222 kcal

BEVERAGE

DRINK

Ingredients

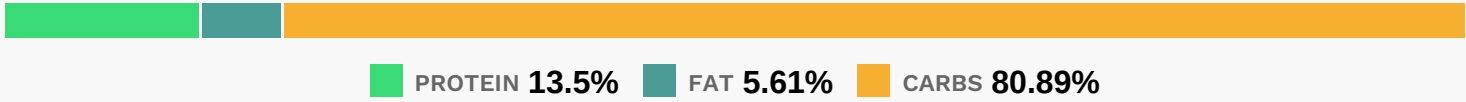
- ☐ 2 dashes angostura bitters
- ☐ 1 serving cranberry-orange relish
- ☐ 1.5 ounces rye flakes
- ☐ 0.5 ounce brandy

Equipment

Directions

- ☐
- Add bitters, orgeat, whiskey, and brandy to a double rocks glass.
- ☐
- Add a large block of ice and stir until chilled, about 15 seconds.
- ☐
- Squeeze orange twist skin side down to spray oils on top.
- ☐
- Place in drink as garnish and serve.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:3.6, Inflammation Score:-7, Nutrition Score:19.055217566697%

Flavonoids

Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 222.34kcal (11.12%), Fat: 1.26g (1.93%), Saturated Fat: 0.14g (0.88%), Carbohydrates: 40.75g (13.58%), Net Carbohydrates: 28.98g (10.54%), Sugar: 9.1g (10.11%), Cholesterol: 0mg (0%), Sodium: 0.57mg (0.02%), Alcohol: 5.63g (100%), Alcohol %: 4.8% (100%), Protein: 6.8g (13.6%), Manganese: 2.87mg (143.71%), Vitamin C: 47.88mg (58.04%), Fiber: 11.77g (47.08%), Selenium: 22.14µg (31.62%), Magnesium: 114.46mg (28.62%), Phosphorus: 281.92mg (28.19%), Copper: 0.34mg (17.06%), Zinc: 2.45mg (16.33%), Iron: 2.82mg (15.65%), Vitamin B1: 0.21mg (13.78%), Potassium: 473.61mg (13.53%), Vitamin B3: 2.59mg (12.97%), Vitamin B6: 0.22mg (11.21%), Vitamin B2: 0.16mg (9.66%), Vitamin B5: 0.86mg (8.63%), Folate: 33.38µg (8.34%), Calcium: 59.81mg (5.98%), Vitamin E: 0.76mg (5.05%), Vitamin A: 207.18IU (4.14%), Vitamin K: 2.51µg (2.39%)